



HOW TO CREATE THE BEST ENVIRONMENT FOR SLEEP



Ensure your bedroom is cool and below 22°C.



Make your bedroom as dark as you can. Use an eye covering if you need to.



Ditch your devices before bed.



Develop an unwinding routine, like reading, meditating or drinking herbal tea before bed.



Clear your room of any clutter before bedtime.



**For confidential assistance on health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
SMS your name to 31581**